

week 66	a lifeguard
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Lifeguards are always doing good things for other people as they sit around watching to make sure people are safe when swimming or playing near water. There is a lot of work involved in becoming a lifeguard ... are you up for the challenge?

Games:

1. **Circle:** Circle Tug Of War

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2. **Relay:** Lasso Relay

Games module: page 52

(As a lifeguard you need to be super fit and healthy. For this game, those working on their Gold Wolf can do the Scout's Pace and the rest of the Pack can do the Feats of Skill.)

3. **Active:** What will I do?

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4. **Team:** Over and Under

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(As a lifeguard you need to be able to hold your breath under water and let it out when needed - can you hold your breath and blow out really hard? Let's get some fun practice in ...)

5. **Active:** And the Wind Blew

Cubs stand at opposite ends of the table – one Six per team so you will need as many tables as you have Sixes. If you have an odd number of Sixes then split the Cubs into equal teams. Place a ping pong ball in the middle of the table. Begin by blowing the ball to keep it from falling off the table. Use masking tape for the middle line. See who can blow the ball over the middle line first. Alternatively, set up goal posts and see who can score a goal first.

Lifeguards not only look after us on the beach, but also at swimming pools and maybe even at dams and rivers – but always around water!

Sense Training:

1. **Feel:** What's under the water

Place a number of articles in a bowl of water. Cover the top of the container with a towel or similar. Cubs to feel for as many objects as they can in the water. Once they have had a chance (maybe a minute) they need to write down as many things as they felt.

2. **Sight: Underwater Kim's Game**

Same as above but instead of the Cubs feeling, they can use goggles and a snorkel to look under the water and once they have had a good look, they need to write down as many things that they have seen as they can.

Yarn: She's drowning!

Yarn module: page 54

There are a few different ways that Lifeguards can save people who are drowning ... how many do you know?

Before doing the activity, hold a discussion around different methods of saving a drowning person. Some ideas can be found here: <http://www.swimmersdaily.com/2014/02/12/simple-step-by-step-guide-on-how-to-save-someone-who-is-drowning/>

Then as an activity, show the Cubs how to tie a lasso and practice throwing it around a chair or similar. Emphasise the importance of calling an adult if there is an emergency situation.

Craft/Activity:

1. Activity: Lasso Tying

How to tie a lasso can be found here: <http://www.wikihow.com/Tie-a-Lasso>

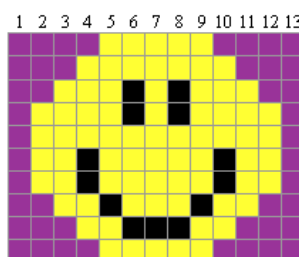
Let the Cubs use a thin rope to practice tying the knot. Once they have the hang of it let them practice throwing the lasso around a chair and 'bringing it in'!

2. Handcraft: Water Emergency Kit.

The idea behind this craft is for the Cubs to make something they can attach to their swimming bags so that if there is an emergency then they can use what they have made to remind them to attract attention and get help. Make a beaded safety pin with a water droplet design on it (how to make beaded safety pins can be found here: <http://www.crafts-for-all-seasons.com/helpful-tips-for-making-beaded-safety-pins.html>)

Once they have made that attach a whistle to the safety pin as well so that the Cubs can use it to attract attention if need be. (To try and deter them from playing around with the whistle, remind them of the story of the boy who cried 'wolf'!) Use this design and adapt to make a water droplet ...

Taken for the website <https://za.pinterest.com/pin/52987733089401238/> - lots of other ideas to be found here instead of a water droplet.



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Singing/Play Acting:

1. Singing: My Bonnie

Singing module: page 16

2. Playacting: Pass the Brick (Pass the ball)

Playacting module: page 10

Advancement covered:

Silver Wolf:

Aptitude Challenge: Water Safety - Explain the buddy system.

Gold Wolf:

Aptitude Challenge: Water Safety - Show you can use at least one rescue method to help someone who has fallen into the water.

Awareness Challenge: Healthy Body - Run Scout's Pace over 1km course in 8 minutes.